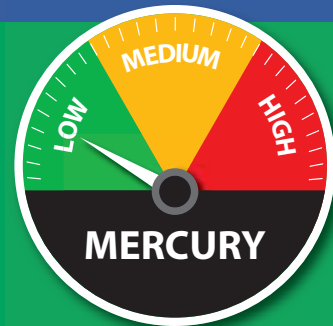


Eat Fish Safely

Central
and Southern Delta



**Eat
More**

Women 18–45
Children 1–17

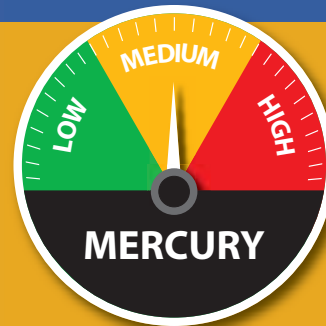
2 servings a week

OR

Men age 18+
Women age 46+

5 servings a week

OR



**Eat
Less**

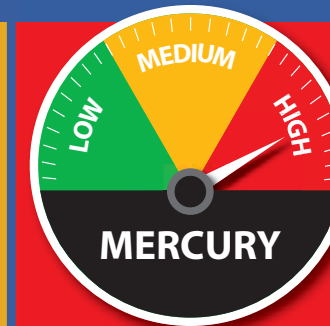
Women 18–45
Children 1–17

1 serving a week

Men age 18+
Women age 46+

2 servings a week

OR



Women 18–45
Children 1–17

**Do NOT
Eat**

Men age 18+
Women age 46+

Striped bass —
2 servings a week **OR**
Sturgeon — 1 serving



Crayfish



Bluegill or
other sunfish



American shad



Catfish



Asiatic clam



Steelhead trout



Bass



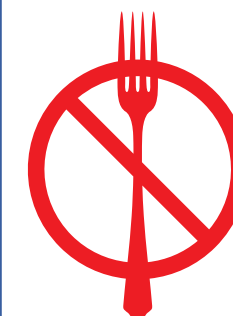
Sucker



Crappie



Carp



Striped bass



White sturgeon

Some fish have high levels of mercury which can harm the brain, especially in unborn babies and children.



Learn more at www.oehha.ca.gov/fish

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